

All programs, with the exception of Early Years Centres and After School programs, are free to attend. Pre-registration is required. Register at www.chancesfamily.ca

CHANCES offers programs and services for children and their families from prenatal to age eleven, including:

- Best Start in-home visiting program
- CHANCES Family Health Clinic
- Community Navigator



SPECIAL DELIVERY PRENATAL PROGRAM

Tuesdays from 5:30-7:30 p.m.
77 Upper Prince St., Charlottetown
Virtual Option Available

In this 9-week program, meet other expecting parents and discuss topics related to pregnancy, labor, delivery and life after a new baby.

BUILDING INCREDIBLE BABIES



Thursdays from 2:00-3:30 p.m.
77 Upper Prince St., Charlottetown

For parents with babies from birth to 12 months. Join other parents to discuss a variety of topics related to parenting a new baby. Share in activities that you can use to support your baby's development at home.



Smart Start Early Years Centres

- Belfast #L4562
- Cornwall #L4470
- Kensington #L4618
- Mason Road, Stratford #L4461
- Murphy's #L4585
- O'Leary #L4537 & L4572
- Prince St. #L4455
- St. Jean School #L4521 & L4516
- Stratford #L4512
- Trinity #L4661

Smart Play After School Programs

- Cardigan #L4523
- Cornwall #L4483
- Crossroads #L4513
- Donagh #L4524
- Kensington #L4488
- Murphy's #L4446
- O'Leary #L4547
- Rustico #L4509
- Valley Street #L4515
- Vernon River #L4506



SPRING 2026



For more information:

www.chancesfamily.ca

(902) 892-8744

chances@chancesfamily.ca

CHANCES Family Centre

There are a limited number of participants able to attend each program. Pre-registration for all programs is required.

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STRONG START PLAYGROUPS

Nurturing Wellness and Connection

A playgroup for parents and caregivers with children from 0-6 years. Participate in age-appropriate activities, active play, and building a sense of connectedness and community with other families.

PARENT SESSIONS

77 Upper Prince St., Charlottetown
Wednesdays from 5:30-7:30 p.m (Handle with Care from 5:00-7:30 p.m)

Supper and childcare provided



Monday

Capital Drive (0-6 years)

9:30-11:30 a.m

95 Capital Dr., Charlottetown

Upper Prince Street (0-18 months)

1:30-3:30 p.m

77 Upper Prince St., Charlottetown

Tuesday

St. Pius X Church (0-6 years)

9:30-11:30 a.m

106 St Peters Rd., Charlottetown

Wednesday

Upper Prince Street (0-6 years)

9:30-11:30 a.m

77 Upper Prince St., Charlottetown

Thursday

Ferry Road (0-6 years)

9:30-11:30 a.m

24 Ferry Rd., Cornwall

Friday

Stratford Town Centre Gym (0-6 years)

9:30-11:30 a.m

234 Shakespeare Dr., Stratford

Pop-Up

Various locations (0-6 years)

Keep an eye on our website and Facebook page for more information

April 8: Dad Matters

Meet other Dads and discuss parenting from a father's perspective. Examine your special role in your child's life and get practical tips on parenting.

April 15: Child First Aid

This introductory, non-certificate program offered by Island First Aid Services will give you the first aid skills needed to handle emergency situations with infants and young children.

April 22, May 27 & June 17: Wellness Wednesday

Make this your year to embrace body, mind and spiritual wellness. Join us for a short discussion on health and an opportunity to exercise. We will be offering Yoga with Mary on April 22, Intro to Karate with Aoife on May 27, and Groove Dance Class on June 17.

April 29: Meal Planning 101

Do you want to make planning meals easier and less stressful? Get tips and ideas on how to plan your week ahead, budget accordingly, and introduce new and exciting meals for your family.

May 6: Car Seat Safety

Keep your children safe by learning about all types of child car seats and provincial laws. This hands-on information session will help you choose and use child car seats.

May 13, 20, June 3, 10: Handle with Care

Join other parents and caregivers as we look at strategies to promote the mental health of young children from birth to 6 years. This program consists of simple interactive strategies that build on the strengths of parents and caregivers.



There are a limited number of participants able to attend each program. Pre-registration for all programs is required. To register or for more information, visit our website at www.chancesfamily.ca or contact us at (902) 892-8744 or chances@chancesfamily.ca